### SUBJECT DESCRIPTIONS

**SEMESTER 1**

**GHS1301** 
Understanding Health  
This subject provided students with an understanding of the various social, biological and environmental determinants that shape the health of individuals and populations. It is also designed to equip students with the foundational academic learning, numeracy and literacy skills required for success in all aspects of their studies.

**HGEC1102** 
Chemistry I  
The subject introduces the basic principles of inorganic and organic chemistry and examining chemical reactions and processes. The subject will demonstrate that matter has physical and chemical properties with respect to the natural environment and health.

**HSC1201** 
Application of Methods and Statistics for Health and Sport  
This subject introduces methods required for the collection, analysis and interpretation of data, introduces the statistical functions that are used to model and predict outcomes and focuses on the identification of and methods for addressing ethical issues in the conduct of health and sport related research.

**PDR1162** 
Fitness Principles and Programming  
The subject introduces students to the fundamental principles of exercise science. This subject will develop the student's understanding of the basis of individual fitness, the design of effective exercise programs, preparation for fitness program development and the use of exercise as a tool for disease prevention and management.

**SEMESTER 2**

**HGEC1101** 
Biology I  
The subject explores the knowledge and terminology of biological systems relating to organisms, bacterial, plant and animal. Content will include structure and function of organs and organ systems. Evolution and natural selection are explored in applying science will be explored, exposing students to ecological factors affecting organisms.

**HSC1202** 
Musculoskeletal Anatomy and Physiology  
The subject introduces students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the musculoskeletal system relevant to human movement.

**HSC1203** 
Biochemistry and Nutrition  
The subject provides a working knowledge of the nutritional sources of energy and the biochemical pathways. The subject will provide students with an understanding of the processes of malnutrition and the role that the major food groups of carbohydrates, lipids and proteins play in the production of energy for cellular function.

**PDR1296** 
Introduction to Performance and Exercise Psychology  
The subject explores the importance of understanding human behavior in the field of sport and exercise psychology. The psychological, social, and emotional impacts of sport, exercise and dance involvement are examined with the application of basic performance enhancement strategies.

**SEMESTER 3**

**HSC1201** 
Systems Anatomy and Physiology  
The subject provides detailed knowledge of the structure, function and physiology of the 11 organ systems of the human body. Anatomy and physiology will be presented from a cellular to a gross level providing a more comprehensive approach to anatomy and physiology.

**HSC1203** 
Applied Exercise Physiology  
The subject provides an understanding of the physiological basis of human movement. It examines the interactions between cardiovascular, respiratory, and musculoskeletal systems as well as biomechanics, neuromotor and hormonal aspects of human performance.

**PDR1164** 
Introduction to Responsible Fitness Management  
The subject develops the instructor's ability to take an individual through the induction, screening and basic fitness appraisal protocols in preparation for fitness program development.

**PDR3165** 
Strength and Conditioning  
The subject extends the students' knowledge in the physiological adaptations of strength and conditioning, allowing the development of skills, practices and understanding of its principles.

**SEMESTER 4**

**GHS2202** 
Principles of Health Promotion  
The subject introduces the core skills of health promotion through examining the principles, theories and the different methods of evaluating health promotion programs targeting specific public health issues.

**HSC1304** 
Exercise Prescription throughout the Lifespan  
The subject provides the tools needed to recognize health and development issues which may impact the type of exercise prescribed. Students will be introduced to the performance outcomes, skills and knowledge required to apply exercise prescription in accordance with industry standards.

**HSC2201** 
Biomechanics  
The subject enables students to have an understanding of the mechanical analysis of human movement and identify the biomechanical principles, which influence human movement in physical activity.

**SPB1304** 
Small Business Management Principles  
The subject addresses the key principles, theories, skills and knowledge for small businesses operating in the fitness industry. The theories of management, governance, planning and appraisal will be analyzed and related to typical management scenarios relevant to the fitness industry.

**SEMESTER 5**

**GHS2301** 
Professional Integrity  
The subject introduces students to a range of ethical issues that arise in the fields of sport, recreation, dance, health, fitness and sports coaching. Through the examination of these issues, it is intended that students will gain a wider appreciation of the impact of ethics on day-to-day and long-term decision making processes and be capable of managing their own professional integrity.

**HGEC2102** 
Functional Anatomy  
The subject develops an understanding of the functional significance of the structures of the Musculoskeletal system, including mechanical properties, with a particular focus on human movement.

**HSC2101** 
Human Pathophysiology and Pharmacology  
The subject provides a thorough understanding of the processes of cellular dysfunction resulting in disease. Students will also have a thorough understanding of the common treatments of these diseases from a medical perspective.

**HGEC2103** 
Research Design and Epidemiology  
The subject exposes students to research methods used for critical problem solving in the health science industry. Students will develop proficiency in research design, analysis and critical appraisal of health science literature.

**SEMESTER 6**

**HGEC2204** 
Psychology  
The subject introduces students to the basic concepts of psychology and its application to health, education, sport and everyday life.

**HGEC2202** 
Health, Lifestyle, Disease and Exercise Prescription  
The subject introduces students to the application of clinical exercise physiology principles as well as an introduction into exercise testing and prescription. The subject explores lifestyle diseases and the promotion of exercise to treat such conditions.

**HGEC2204** 
Health and Physical Assessment  
The subject will enable students to develop the knowledge, understanding and application of the theoretical aspects of physical examination.

**PDR1207** 
Exercise and Social Development through the Lifespan  
The subject analyzes the factors that contribute to growth and development across the lifespan from birth to late adulthood, including diversity.

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**Bachelor of Health Science (Exercise) Graduate**

“My focus has shifted from playing sport myself, to helping others improve their fitness for the game.”

Michael Dale  
Bachelor of Health Science (Exercise) graduate
The Bachelor of Health Science (Fitness) provides students with the foundational health and bioscience subjects with an accompanying fitness major. The degree covers the components of health as well as foundational sciences relevant to the human body. The fitness major provides students with an in-depth knowledge and understanding of exercise prescription, anatomy, physiology and biomechanics. Students are exposed to fitness programming, strength and conditioning, sports business and exercise for various populations. Practical learning is undertaken in the laboratory, gym and in the field, providing students with exposure to the latest technology and equipment. This degree also develops professional communication skills essential for engagement with prospective clients.

**STUDENT MODE**
Face-to-face on campus, selected subjects available online.

**SEMESTER INTAKES**
March and July annually on campus.

**FEE-HELP**
FEE-HELP Approved, Payment Plans, Upfront payment available.

**Tuition payment arrangements must be confirmed upon admission to the college.**

**TRANSFER CREDIT**
An applicant may apply for an assessment of their prior learning at the time of applying for entry to an award course of the college.

**ENTRY REQUIREMENTS**
Applicants must meet at least ONE of the following criteria to be considered for admission:
1. A minimum HSC (Higher School Certificate) average of 60 (calculated from the average of the highest 6 units completed) or equivalent
2. A qualification from a recognised higher education provider
3. An Associate Diploma, Diploma, Advanced Diploma, or Tertiary Preparation Certificate from a TAFE or other recognised VET provider qualification (Students wishing to enter through Certificate IV must have completed Year 11 or equivalent)
4. One year full-time or equivalent in a degree course at an Australian university

**SEMESTER 1 – 1ST YEAR**

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject Title</th>
<th>Contact Hrs/Wk</th>
<th>Credit Points</th>
<th>EFTSL</th>
<th>Pre Req</th>
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**SEMESTER 2 – 1ST YEAR**

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**SEMESTER 3 – 2ND YEAR**

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**SEMESTER 6 – 3RD YEAR**

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**COURSE DURATION**
3 years full time or part time equivalent.

**FULL TIME COURSE STRUCTURE**

**STUDY MODE**
Interactive learning students may be asked to attend on campus.

**ONLINE LEARNING**
Online learning allows students to access the same learning resources and support available to on-campus students. The online learning environment is designed to be interactive, engaging and supportive.

**ASSESSMENTS**
While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays and tutorial participation. Students enrolled in an online subject sit their final exam at the College or, if they live at a distance, under external supervision.

**CAREER OPPORTUNITIES**
Graduates are qualified to pursue a range of careers including:
- Gym and Facility Manager
- Group Exercise Instructor
- Strength and Conditioning Coach
- Specialist Trainer

**ABOUT ACPE**
The Australian College of Physical Education (ACPE) is one of the oldest higher education providers in NSW. For 100 years the College has provided first-rate qualifications in physical education (PDHPE), dance education, sports business, health science, health and movement, coaching, applied fitness, and community health. ACPE courses are delivered at its purpose-built campus in Sydney Olympic Park, with a range of courses and individual subjects offered online.

**HOW TO APPLY?**
Domestic Students 1300 302 867 Apply online at acpe.edu.au/application-form
International Students +61 2 8263 1888 intadmissions@acpe.edu.au